

Daily Affirmations- October 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Thursday, Oct. 1 st	No failure. Always a lesson.
Fri., Oct. 2 nd	Believe in yourself above all else.
Sat., Oct., 3 rd	Think new thoughts. Take new actions.
Sun., Oct. 4 th	Everything happens for a reason.
Mon., Oct. 5 th	If at first you don't succeed, dust yourself off and try again!
Tues., Oct. 6 th	I am responsible for my own change.
Wed., Oct. 7 th	Slowly but surely. From a seed, you are a blossoming flower.
Thurs., Oct. 8 th	My past will not define my future.
Fri., Oct. 9 th	Resilience means bouncing back better.
Sat., Oct. 10 th	Love is wisdom.
Sun., Oct. 11 th	Christ suffered for the unjust so He could bring us to God.
Mon., Oct. 12 th	There's a time to change paths. That time is now.
Tues., Oct. 13 th	I've let go of who I was. I'm finding out who I can become.
Wed., Oct. 14 th	If you're persistent, you'll get it. If consistent, you'll keep it.
Thurs., Oct. 15 th	The darkness will not change who I am. I will shine bright.
Fri., Oct. 16 th	I can't make a new beginning of my story. I <u>can</u> start today to make a new ending.
Sat., Oct. 17 th	I may not forget, but I forgive and move forward.
Sun., Oct. 18 th	Went to bed needing rest; woke up feeling blessed.
Mon., Oct. 19 th	Take responsibility. Take control of your life.
Tues., Oct. 20 th	Change is good. I seek better results.
Wed., Oct. 21 st	You are beautiful! Be proud.
Thurs., Oct. 22 nd	To find a solution, we must first be aware of the problem.
Fri., Oct. 23 rd	I am becoming grounded; learning to stand on my own two feet.
Sat., Oct. 24 th	Be the best you can be.
Sun., Oct. 25 th	Time, patience and perseverance heal all wounds.
Mon., Oct. 26 th	Strive for success.
Tues., Oct. 27 th	Believe in what isn't as if it is until it becomes.
Wed., Oct. 28 th	The harder you fall down, the further you bounce back up.
Thurs. Oct. 29 th	This too shall pass.
Fri., Oct. 30 th	If you expect honesty of others, be honest with yourself.
Saturday, Oct. 31 st	Say something positive.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"We Rise by Lifting Others" – Robert Ingersoll